



CHOICES MARKET

100% BC OWNED AND OPERATED

WEEKLY SAVINGS!

APRIL 20 & 21 ONLY

PLANT SALE

See last page for details.

Prices Effective • April 18 - 24, 2024



SPECIAL PRICE

Organic Broccoli from USA, \$6.57/KG

\$2.98 / LB

YOU SAVE **\$1.00 / LB**

SPECIAL PRICE

Striploin Steaks

Raised without Antibiotics, Grass Fed, Value Pack, Also Roasts, Imported, \$26.43/KG

\$11.99 / LB

YOU SAVE **55%**



Natural Factors Vitamins & Supplements Assorted Varieties & Sizes

20% OFF

Divine Essence Essential Oils

Also Body Care Products, Assorted Varieties & Sizes



BUY 1 GET 1 FREE



Prairie Naturals Superfoods

Assorted Varieties & Sizes

35% OFF



Choices Wraps

Ready to Eat, 380g

\$9.99 / EA

YOU SAVE **\$1.00**



Peppers

Orange, Red & Yellow, Hot House, from Canada, \$7.67/KG

\$3.48 / LB

YOU SAVE **\$1.50 / LB**



Choices Artisan Half Fruit Pies

280g

\$6.49

YOU SAVE **\$1.00**



Earth's Choice Organic Coffee

Whole Bean, Fair Trade, 340g

\$9.99

YOU SAVE **33%**

FEATURED CHOICE



YOU SAVE **32%**

Nature's Path Organic Cereal Eco Pac, Assorted Sizes

\$7.99

PRODUCE FRESH • LOCAL • ORGANIC



\$8.98 / EA

Organic Valencia Oranges
from Mexico, 1.81kg Pkg.



\$5.98 / EA

Organic Mandarin Oranges
from USA, 907g Bag



Cantaloupe Melon
from Mexico

\$4.98 / EA

Romanella Tomatoes

Hot House,
from Canada,
454g Pkg.

\$5.98 / EA



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



LOCAL

\$6.99 / LB

Boneless Skinless Chicken Breasts
Fresh, Value Pack, \$15.41/KG



WESTERN CANADIAN

\$5.99 / LB

Boneless Pork Chops
Centre Cut or Rib, Raised without Antibiotics,
\$13.21/KG



20% OFF

Choices' Own Fresh Sausages
Pork, Chicken & Turkey Varieties, Made in Store,
Raised without Antibiotics



WILD CAUGHT

\$3.49 / 100 G

Wild Sockeye Salmon
Ocean Wise, Value Pack,
Frozen or Previously Frozen



WILD CAUGHT

\$3.99 / EA

Ahi Tuna Steaks
Ocean Wise, Frozen, 6 oz.



Spades Bacon
No Nitrates,
No Added Water,
All Natural Ingredients,
400g

\$10.99

Soup Etc!
700ml Including
Rosabella
Pasta Sauce,
Select Varieties



2 FOR \$12.00

GLUTEN FREE

Nature's Path Organic Waffles

Frozen, 210g



\$3.99

Nature's Farm Free Range Omega-3 Eggs
Large & Extra-Large, 12 Pack



\$6.49



Natur-a Organic Milk Alternative Beverage

Oat, Rice & Soy, 946ml

2 FOR \$5.00
plus deposit & eco fee



Nut Jar Nut Butter
240g

\$9.99



We Love Van Honey
500g

\$7.99



Avalon Organic Milk
2% & Homogenized, 1.89L

\$6.99
plus deposit & eco fee



Liberté Kéfir
1L

\$4.99



Danone Activia Yogurt
650g & 8 Pack

\$4.49



Olympic Organic Yogurt
Select Varieties, 1.75kg

\$10.99

DISCOVER LOCAL, ORGANIC AND SPECIALTY FOODS TO NOURISH YOUR BODY AND MIND



Stash Tea
18-20 Bags

\$4.49



Ceres Juice
1L

\$3.99
plus deposit & eco fee



Chasers Cold-Pressed Juice
500ml

\$6.49
plus deposit & eco fee



Guayaki Organic Yerba Mate

Including New Flavours - Peach & Berry Lemonade, 458ml

2 FOR \$5.00
plus deposit & eco fee



Blue Monkey Sparkling Tropical Beverages
330ml

\$1.69
plus deposit & eco fee



Fentimans Botanically Brewed Beverages
4 Pack

\$8.99
plus deposit & eco fee



Alter Eco Organic Chocolate Bars
Assorted Sizes

2 FOR \$6.00



Old Dutch Potato Chips
Also Ridgies, 200g - 235g

2 FOR \$6.50



Smart Sweets Low Sugar Gummies
50g

2 FOR \$7.00



Prana Organic Chia Seeds
200g - 300g

\$5.99



Bob's Red Mill Flours
624g



\$5.99



Karthain's Organic Sauerkraut
375ml

\$5.99



Naked & Saucy Organic Sauces
296ml

\$5.99



Briannas Dressing
355ml

\$5.49



Simply Organic Bottled Spices
Select Varieties & Sizes

\$4.49



Maison Orphée Vinaigrette Dressing
240ml & 250ml

\$3.99



Earth's Choice Organic Extra Virgin Olive Oil
1L

\$24.99



If You Care Baking Supplies
Also Household Products, Assorted Sizes & Varieties

\$6.99

NOURISHING LIFESTYLES SINCE 1990



Spread'Em Dips
185g



\$6.99



Faith Farms Cheese
360g - 380g

\$5.99



Saputo Mozzarellissima Cheese
340g

\$5.49



Enlightened Keto Frozen Desserts
473ml

\$6.99



Righteous Gelato
473ml

\$6.99



So Delicious Frozen Desserts
Assorted Sizes

\$5.99



Aspen Clean Kitchen Cleaners
or Bathroom,
650 ml

\$5.99



Good Juju Laundry Strips
30 Pack

\$9.99



Caboo Bamboo Bath Tissue
24 Double Roll



\$16.99

DELI PREPARED FRESH



**Rosdown
Half Roasted
Chickens**

\$6.49 / EA



**Choices Black Bean
& Quinoa Salad**

Also Moroccan Chickpea
or Curry Paneer Chickpea

\$1.99 / 100G



Baked Samosas

Vegetable Spinach
or Masala, 115g

2 FOR \$5.00



**Summer
Fresh Dips &
Hummus**

Assorted Varieties,
227g

\$3.99 / EA



**Choices Wild
Salmon Lox
Bagels**

\$8.99 / EA



**La Panzanella
Artisan Crackers**

Assorted Varieties,
170g

\$5.99 / EA



**Preferisco
Italian Sliced
Prosciutto**

Also Sliced Salami,
70g - 80g

\$8.99 / EA



**Castello
Gorgonzola
Cheese**

Also Blue Cheese

\$3.99 / 100G

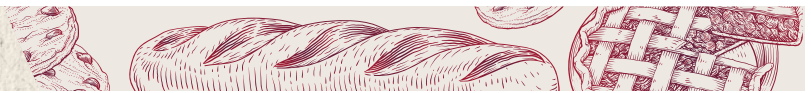


**Alexis de
Portneuf
Camembert
Cheese**

Also Brie Cheese,
300g

\$9.99 / EA

BAKERY FRESH BAKED • WHOLESOME



**Choices
Sourdough
Multiseed Bread**

660g

\$4.99



**Choices Vegan
Almond Crunch
Cookies**

Also Chocolate
Crunch, 6 Pack

\$6.99



**Choices Keto
Strawberry
Raspberry Pudding**

Also Peanut Butter, 150g

\$4.49



**Silver Hills
Sprouted Power
Bread**

Select Varieties,
510g - 600g

2 FOR \$9.00



**Saman Bakery
Crackers**

160g - 200g

\$6.99



Ozery Rounds

Also Onebuns,
All Varieties,
312g - 600g

25% OFF

Let us help you
**navigate
nutrition**



**WITH A FREE,
PERSONALIZED
STORE TOUR**

**CHOICES
MARKET**

REGISTER HERE OR
VISIT US ONLINE AT
[CHOICES.MARKET](https://www.choices.market)



2 DAY PLANT SALE SATURDAY, APRIL 20TH & SUNDAY, APRIL 21ST

Excluding Commercial Drive, Abbotsford, Kelowna and Parksville locations




Organic Strawberry Berries Galore
Tried & True, 4 Inch Pot

\$4²⁹



Organic Lettuce Gourmet Salad Blend
Tried & True, 4 Inch Pot

\$3⁴⁹



Organic Tomato La Roma
Tried & True, 4 Inch Pot

\$3⁴⁹



Ocean Plus Earth Mix
Cinnabar Valley Farm, 40 Litre Bag

\$17⁹⁹



Organic Cucumber Quick Snack
Tried & True, 4 Inch Pot

\$3⁴⁹



Organic Broccoli Emerald Crown
Tried & True, 4 Inch Pot

\$3⁴⁹



West Coast Seeds
Assorted Varieties

10% OFF



Island's Finest Planter Box Mix
Cinnabar Valley Farm, 30 Litre Bag

\$12⁹⁹

WELLNESS REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Vega Sport Products
Assorted Varieties & Sizes

20% OFF



Natural Factors All Bonus Bottles
Assorted Varieties & Sizes

20% OFF



Bio-K Plus Probiotics
Assorted Varieties, Dairy or Non Dairy, 6 Pack

FROM \$21⁹⁹



Progressive VegeGreens & Probiotics
Assorted Varieties & Sizes

25% OFF



New Roots Magnesium Bisglycinate
120 Caps

\$28⁴⁹



Sisu Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Prairie Doctor Herbal Tinctures
Assorted Varieties & Sizes

20% OFF



Pascoe Homeopathic & Herbal Supplements
Assorted Varieties & Sizes

20% OFF



Attitude Natural Care Toothpaste
and Body Care, Assorted Varieties & Sizes

25% OFF



Everyone for Every Body 3 in 1 Soap
946ml

\$14⁹⁹



Desert Essence Face & Body Care Products
Assorted Varieties & Sizes

25% OFF



Routine Natural Deodorant
Assorted Varieties, 50g - 58g

\$24⁹⁹

Shop online at [ChoicesMarket](https://www.choices.market) @ChoicesMarket /DiscoverChoicesMarket @ChoicesMarket



Kerrisdale - 1888 W 57th Ave, Vancouver
Yaletown - 1202 Richards St, Vancouver
Cambie - 3493 Cambie St, Vancouver
Kitsilano - 2627 W 16th Ave, Vancouver
Commercial Drive - 1045 Commercial Dr, Vancouver

North Vancouver - 801 Marine Dr, North Vancouver
South Surrey - 3248 King George Blvd, Surrey
Burnaby Crest - 8683 10th Ave, Burnaby
Abbotsford - 3033 Immel St, Abbotsford
Kelowna - 1937 Harvey Ave, Kelowna
Parksville - 319 Island Hwy East, Parksville

While quantities last. Not all items available at all stores. We reserve the right to correct printing errors. Product may not appear exactly as depicted. Buy One Get One Deals not available online.